

Orange County COVID-19 Hotline

Call the Orange County
COVID-19 Hotline at (833)
426-6411.

Connect with public agencies
that can help with information
and resources.



For COVID-19 resources, call

**ORANGE COUNTY
COVID-19 HOTLINE**


1-833-426-6411

OC COVID-19 Testing Network


OC residents whose medical provider does not provide COVID-19 testing may be eligible for a test through the OC COVID-19 Testing Network.

- No out-of-pocket cost (though your insurance may be billed)
- Multiple testing locations throughout OC
- **Appointments are required**







OC COVID-19 TESTING NETWORK




Expanded COVID-19 testing is now available to serve Orange County residents with symptoms, providing FDA-approved PCR testing, the most reliable testing available to detect current viral infection.



There is no out-of-pocket cost to you for this testing, however your insurance may be billed. You are asked to contact your medical provider first and only access these services if you do not have a provider or your provider is unable to provide testing.



You **MUST** make an appointment with one of the clinics to assure eligibility and availability of testing.



Testing locations can be found on our website listed below.

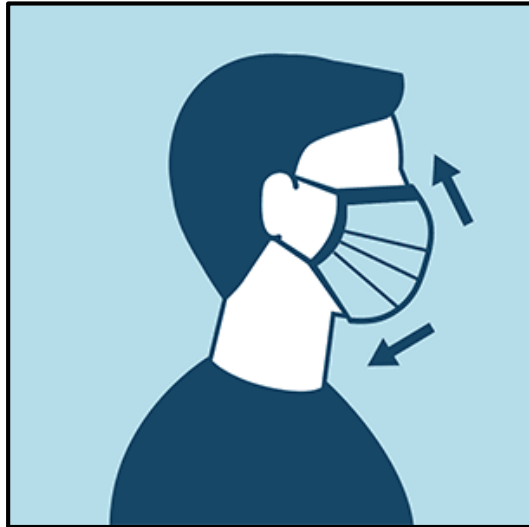
For more information, please visit www.ocalthinfo.com/novelcoronavirus and click on COVID-19 Testing and Screening.

County Order on Use of Face Masks

Effective April 24th, all employees of essential businesses, such as grocery stores, pharmacies/drug stores, gas stations, restaurants, and retail stores in Orange County who contact with the public **MUST** wear a face covering while at work.

To learn more, please visit the OC Health Agency website at:

ochealthinfo.com/novelcoronavirus



Questions to ask Before Leaving Home

Before leaving your home, ask yourself:

- ✗ Is this essential?
- ✗ Can this wait?
- ✗ Is there an alternative way I could accomplish the same task from home?

www.ochealthinfo.com/novelcoronavirus



ochealth
CARE AGENCY



COVID-19 and Mental Health

Does COVID-19 have you feeling anxious or worried? Contact the OC Health Agency for help at:



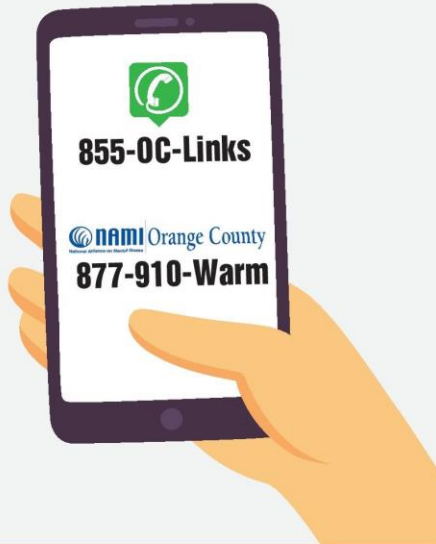

Phone: (855) OC-Links
(855) 625-4657

Online:




www.ochealthinfo.com/oclinks

We'll get through this.



COVID-19 and Mental Health



- You may be feeling anxiety, worry, or fear related to the social disruption caused by COVID-19.
- Everyone reacts differently to stressful situations.
- If you or a loved one experience these feelings, you can reach out to the following resources for support.



You can call **1(855) OC-LINKS** or visit www.ochealthinfo.com/oclinks Monday through Friday from 8 a.m. to 5 p.m. to talk or chat with a trained, clinical navigator.

The **NAMI Warmline** is also here to provide non-crisis support for anyone struggling with mental health concerns from 9 a.m. to 3 a.m. Monday through Friday and 10 a.m. to 3 a.m. Saturday through Sunday at **1(877) 910-WARM** or www.namiooc.org.

There is also great information available on our website. **We'll get through this.**

 @ochealthinfo  @ochealth

OC Health Care Agency – www.ochealthinfo.com/novelcoronavirus
Centers for Disease Control and Prevention – www.cdc.gov/coronavirus/2019-ncov

COVID-19 and Seniors

Hello Neighbor!

Remember to check on senior neighbors who are self-isolating.

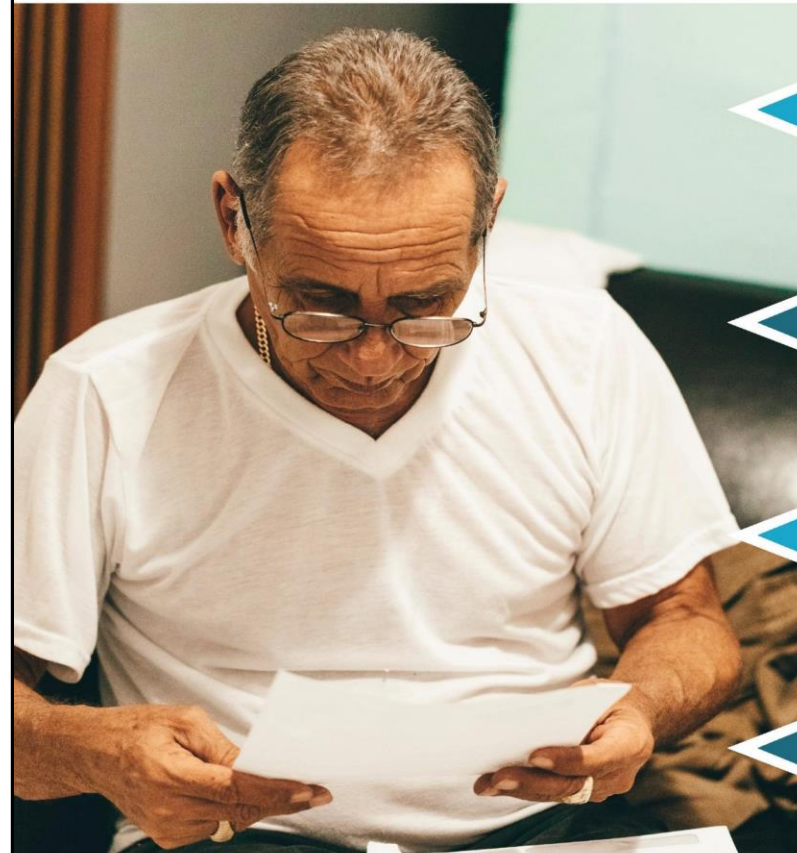
- Do they have food, water, and personal hygiene supplies?
- Do they need help picking up groceries or prescriptions
- Do they need meals delivered to their home?
- Do they have an emergency contact?



CHECK ON YOUR ELDERLY NEIGHBORS

During the Coronavirus pandemic, seniors should stay at home to protect their health and safety.

Visit our website to download a ["Hello Neighbor!" postcard](#) and let your neighbor know you are here to help!



Do they have food, water and an adequate amount of personal hygiene supplies?



Do they need help picking up groceries or prescriptions?



Do they need meals delivered to their home?



Do they have someone they can contact in the event of an emergency?



1-800-510-2020 or
1-714-480-6450

www.officeonaging.ocgov.com

Suspension of Overnight Parking and Street Sweeping Citations



The City has temporarily suspended enforcement and issuance of tickets for:

- Unpermitted overnight parking
- Street Sweeping violations

The suspension remains in effect until further notice.

For more information, call 562-383-4344.

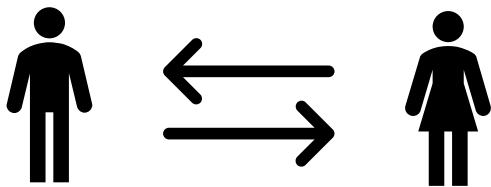


La Habra's Parks Open

While La Habra's parks are open for passive use, all playgrounds and exercise equipment are closed.

Remember to practice social distancing at all times.

- Keep six feet between you and other people
- Avoid handshakes or other intimate forms of greeting.
- Stay home if feeling ill.



If you don't need to go out, stay safe and remain at home!



What is social distancing?

Put simply, it means avoiding crowds when possible to help stop or slow down the spread of a highly contagious disease.




What are social distancing measures?

- For an individual, this could mean maintaining enough distance between yourself and another person (**generally, 6 feet**) to reduce the risk of breathing in droplets that are produced when an infected person coughs or sneezes.
- In a community, social distancing measures may include limiting or cancelling large gatherings of people.

How can I practice social distancing?

✓ Maintain distance between yourself and anyone who is coughing or sneezing.	✓ Know your employer's policies for telecommuting/working from home, should that become necessary.
✓ Avoid handshaking, hugging or other intimate types of greetings – greet others with a wave, nod or bow instead.	✓ Stay home if you are sick.
✓ Avoid non-essential travel.	✓ Avoid visiting hospitals, long-term care facilities or nursing homes unless there is a medical need to do so.
✓ Avoid crowds, especially in poorly ventilated spaces.	

 @ohealthinfo  @ohealth

OC Health Care Agency – www.ohealthinfo.com/novelcoronavirus
Centers for Disease Control and Prevention – www.cdc.gov/coronavirus/2019-ncov

COVID-19 News and Information



Centers for Disease Control
and Prevention
www.cdc.gov



Orange County
Health Care Agency
www.ochealthinfo.com